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HOW THE GROUNDHOG GOT ITS PREDICTING POWERS

Rodent forecaster has roots in medieval European tradition. Page 7.

UNDEFLATED! PATS CLIP HAWKS' WINGS

New England Patriots tight end Rob Gronkowski, left, celebrates with teammates after scoring on a 22-yard touchdown reception during the first half of the Super Bowl against the Seattle Seahawks on Sunday in Glendale, Ariz. The Patriots went on to win 28-24. For more on the game, see page 21. KATHY WILLENS/THE ASSOCIATED PRESS

McDavid gives Ottawa glimpse of greatness to come

Hockey. Top NHL prospect leads Otters to victory over 67's

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OHL sensation Connor McDavid proved too much to handle as his Erie Otters trounced the Ottawa 67's 7-2 at TD Place arena on Sunday.

McDavid's three assists helped the Otters dominate the 67's for most of the game, but the 17-year-old centre could have racked up the scoresheet with his flashes of greatness every time he touched the puck.

"He is obviously a dynamic player, and you just try to contain him," said Ottawa 67's head coach Jeff Brown. "He's just so good. He's fast, he plays with his head up, he never looks down — and the hockey sense. You try to contain him as much as you can, but obviously we couldn't, just like every other team."

McDavid, projected to go No. 1 in the upcoming NHL Entry Draft, was facing off against 67's captain Travis Konecny, also expected to be drafted in the first round.

It could be a long shot, but there is a small chance both McDavid and Konecny could be drafted by the Buffalo Sabres, depending on how early Konecny gets picked.

The two were a force to be reckoned with at the CHL Top Prospects game last month, with Konecny netting a hat trick and McDavid notching four assists. The possibility of them, along with Sam Reinhart, donning Sabres jerseys next season makes Buffalo a prospective hockey power.

"(Konecny) is always working hard and creating stuff," said McDavid following Sunday's game — the team's first sell-out at TD Place Arena.

The place was packed with young fans hoping to see McDavid magic. Fans were screaming his name every time he touched the puck.

"He is always so dangerous out there, so he is not a fun guy to play against," added McDavid. "Ottawa has been a very hot team; they have been playing very well."

He's right. The 67's are having a strong season and currently sit in second place in the East division behind only the Oshawa Generals.

The 67's started Sunday's game off strong, going up 1-0 in the first period. But the exhaustion of playing three games in four nights got to the young squad.

"We just died," said Brown. "They were exhausted getting home at 3 a.m. and then having to play a national game like this. It's tough."

Konecny was anticipating a tough game not only against McDavid but the entire Erie Otters squad, which boasts a deep top-six forward line with the likes of McDavid and Dylan Strome at the helm.

"He is a guy you have got to watch out for, but I think that whole team has got that role; they are all dangerous," added Konecny. "We couldn't keep him off the scoresheet."

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City breaks mark for most snowmen built in an hour

Guinness World Record. Fundraisers pull together 1,299 frozen figures

JOE LOFARO
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Defying all odds, Ottawa residents broke a Guinness World Record for building the most snowmen in one hour Sunday in frigid -21C — and a wind chill that made it feel like -30C — with a football field full of powdered snow.

Any Canadian knows that's the worst kind of snow to build a snowman. Ideal conditions are warmer and a bit wetter so the snow sticks together. But hundreds of people on the field at TD Place made do with whatever tools or tricks they had at their disposal to beat the record of 1,279 set in 2011 in Salt Lake City, Utah.

Ottawa surpassed the record with 1,299 snowmen.

Inukshuks

- A team representing Wabano Centre for Aboriginal Health built more than 24 hybrid snowmen-Inukshuks using blocks of ice they found buried in the snow.
- Manitobah Mukluks donated 20 pairs of the aboriginal footwear to decorate their snowmen.

Although the snowmen were something to laugh at — most of them looked more like Jabba the Hutt than Frosty — the Winterlude-affiliated event was organized to raise funds for mental-health services and community groups, such as Do It For Daron and the Causeway Foundation.

"It's a challenge with the snow not being pack-y. It's all powder," said Joanne Weagle, who was visiting from Virginia, as she assisted her team. "We came for Winterlude, but this was the highlight."

Emilie Gignac, 12, puts the final touches on her snowman at TD Place on Sunday. JOE LOFARO/METRO

Kanata Nordic promising ski trail network

Multi-use park will offer expanded winter programming. CONTRIBUTED

Two Kanata-based organizations are partnering up for a five-year construction project to bring cross-country ski trails a little closer to home.

Kanata Nordic Ski Club and the Wesley Clover Foundation have already opened the first phase of a multi-use park at the former Nepean National Equestrian Park.

The foundation acquired a lease for the 270-acre land parcel in 2014 and the ski club thought it was an ideal spot to expand its winter programming to meet growing demand.

The 35-year-old Kanata Nordic Ski Club runs learn-to-ski programs and races at its site in Dunrobin at the YMCA Bonnenfant Outdoor Centre.

"Where we are now, there's only five kilometres of trail and really nowhere to expand," said Marlene Alt, relocation committee chairwoman.

"If we want to be able to teach more people how to ski, we need more trails. We're also looking for more varied terrain."

The new site is located off the 417 by Corkstown Road in Kanata and already has 15 kilometres of groomed cross-country ski trails open to the public in the first year of construction.

In the seasons ahead, the facility will also feature a kids' snow play park, ski and snowshoe rentals, and on-site instructors.

"It'll be unique in the city for this length of trail network," said Alt. "It'll be, as far as I know, the biggest trail network in the city." JOE LOFARO/METRO

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1

2

1 On the catwalk.

Runway models prepare to show off Nordstrom's spring collection.

2 Lady in blue.

A runway model poses in a short, sexy, sleeveless dress at the Nordstrom fashion show Friday.

ALL PHOTOS: TREVOR GREENWAY/METRO

3

3 Hats off to style.

Wide-brimmed hats will be a popular accessory this spring.

Nordstrom's spring line heats up chilly Ottawa

Fashion. Collection to be colourful with vaguely retro feel

TREVOR GREENWAY
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It may have been -25 C in Ottawa Friday night, but the things heated up inside the Shaw Centre as dozens of models showed off Nordstrom's dazzling new spring collection during the Winterlude fashion show.

Flowing fabrics woven into unique and versatile outfits were floating across the runway with ease — colours of "candy" draping the skirts and dresses will be trends this spring.

"Clothing is starting to move away from the body and we are getting this sense of fluidity and movement," said Nordstrom's creative director of fashion, Gregg Andrews, who picked out Friday's fashion show collection.

The American upscale fashion retailer makes its Ottawa debut March 6 when it opens at the Rideau Centre. It's the second Canadian store since Nordstrom opened in Calgary last year.

"We are seeing softer fabrics that lend itself to this light airy feeling of the season."

Friday's entire show was driven by colour — the faded candy colour of the '50s— bold, but not as bubbly as the neon '80s. A neutral palette will balance, adding "Zen" to the silky candy colours, said Andrews.

The clothes being touted on the runway carried a sense of something familiar, something retro, but also too unique to trace back to any specific fashion era.

"Is that the '70s or is that the '50s? You get this nondescript retro feeling," added Andrews, just minutes after the show. "When fashion is too retrospective and you can identify it, it starts feeling like a costume and it doesn't feel natural and authentic to a woman."

Andrews says Ottawa, with its "chic confidence," will embrace Nordstrom's bold look, especially this year's spring collection boasting everything from work skirts that can double for cocktail night to hip blazers, flouncy dresses, shoes and hats that add that perfect touch.

"In the spring here, when it's beautiful, oh my gosh," gushed Andrews. "I think colour in this city is beautiful. It's very chic here. There is this very sophisticated, understated sense of confidence and it's not necessarily about being trendy, it's about owning who you are."

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Crime. Teen charged with attempted murder

An Ottawa teen faces attempted murder charges after shots rang out on Morisset Avenue early Saturday morning.

Police responded to shots fired in the 1400 block of Morisset Avenue around 6:55 a.m. Saturday morning. They found a man with injuries to his face — not from a bullet, but from a beer bottle.

Police say a man was at a house party when he was hit in the face with a beer bottle and robbed.

Duty Insp. Mike Maloney said shots were then fired outside the home when the victim ran out of the house.

Maloney said the man wasn't hit, but there was evidence of gunfire in the area.

No injuries were reported related to the shooting, but police arrested three people in connection with the shooting, racking up a combined 33 charges, including an attempted murder charge against the youth, who can't be named.

Abdirachid Mohamed, 25, is facing 11 firearms offences while Melissa Labranche, 28, is facing eight firearms charges and failing to comply with bail orders.

The 17-year-old teenager is also facing robbery, resisting arrest and possession of a controlled substance.

Police are still asking for the public's help and urge anyone with information to contact the guns and gangs unit at 613-236-1222, ext. 5050 or anonymously via Crime Stoppers at 613-233-8477(TIPS). METRO/WITH FILES FROM THE CANADIAN PRESS

Lefaivre

Husband charged with murder in wife's death

A 78-year-old man has been charged in the death of his 83-year-old wife in Lefaivre, Ont., about 80 kilometres east of Ottawa.

She has been identified as Zdenka Sekora.

The woman's husband, Robert Edgar, was arrested Friday and charged with second-degree murder.

He was remanded into custody and is due in court Monday. THE CANADIAN PRESS

Wildlife

Public warned of coyote presence

The National Capital Commission is warning the public following reports of a coyote spotted on Woodroffe Avenue South in the Greenbelt.

Farmers are urged to keep animals indoors throughout the night.

Hikers are asked to stay on official trails and keep all dogs leashed.

Anybody who spots a coyote is urged to contact the NCC emergency line at 613-239-5353. METRO

Melissa Pinard and her mother, Debbie, have created a new app that will help event planners manage their staff and volunteers. CONTRIBUTED

Staff team up by smartphone

Small business. Mother-daughter team launch event planning management app

LUCY SCHOLEY
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An Ottawa mother-daughter duo has launched an app called InitLive to ease the headaches of event planning.

InitLive, the brainchild of Debbie and Melissa Pinard, is geared to those who plan triathlons, festivals, large conferences or any major event involving many staff and volunteers. The app allows the planner to see who has checked in, where they are scheduled to work and to quickly communicate with mass groups of people without a flooded inbox or Excel spreadsheets.

"The event planner isn't running around the site trying to find people and move them," said Debbie Pinard. "It's all done from their phone."

It was during her 36 years in the telecommunications field that Pinard came up with the idea for an app geared toward people who temporarily work together. She started researching and found event planning was a "very crowded market," but with little competition.

InitLive piqued the interest of her former employer at Mitel, Terry Matthews; he's now an investor.

Melissa Pinard, who studied media, communications and graphic design, joined her mother as the marketing and social media guru.

Apart from help on school projects, the two never worked together, so it's no surprise that sharing a workspace has been a transition.

"We definitely know how to push each other's buttons," said Melissa Pinard, as her mother laughed.

"But we know each other really well, so we can kind of tiptoe around that when we need to."

"Melissa calls me Debbie now … it sounded funny at first," added Debbie Pinard. "I have to look at her as an employee … I can't show preferential treatment."

The Pinards are working on new features, including a phone-to-phone walkie-talkie system that records conversations, as well as patents for the app.

Ottawa to ring in Chinese New Year

Toss those tuques and mitts, and celebrate Chinese New Year like it's not the dead of winter.

The Ottawa Asian Fest's first Chinese New Year is coming to the EY Centre this Sunday. Sip some bubble tea and check out the latest qipao dress at the fashion show.

There have been smaller Asian festivals in the city — including a well-attended event in the T&T Supermarket parking lot two years ago — but the organizers say they want something more consistent.

"People always hear about (Chinese New Year), but people don't get to experience it," said Simon Huang, the festival's project co-ordinator. "This will be a chance for people to come and experience the Chinese culture, the festivities."

Thai and Vietnamese vendors will also be dishing up plates of noodles and papaya salad.

This plate of Beijing duck will be among the types of dishes served up at the Ottawa Asian Fest on Feb. 8. CONTRIBUTED

A Lion Dance (in which two people dance in colourful costumes to ward off evil spirits) and kung fu demonstration are part of the festivities.

The main attraction, said Huang, will be a two-part Chinese fashion show of historical Qing- and Han-era dress, plus the more modern, sleek qipao looks.

The Chinese New Year will be at the EY Centre Feb. 8 from 11 a.m. to 10 p.m.

Tickets cost $10 in advance and $15 at the door. METRO

Egypt. Release of Aussie reporter raises hopes for jailed Canadian journalist

Al-Jazeera English reporter Peter Greste left Egypt on Sunday after the president approved his deportation, but there's no official word on jailed colleagues Egyptian-Canadian Mohamed Fahmy and Egyptian Baher Mohamed.

Greste, an Australian national, was released after more than a year behind bars in a case that was widely condemned by rights groups.

An Egyptian prison official and the nation's official news agency said Greste was released following a presidential "approval."

The official and an Interior Ministry statement said his release was an implementation of the new deportation law passed last year. The officials spoke on condition of anonymity because they were not authorized to speak to the media.

A lawyer for Fahmy said his client welcomed the news.

"He has instructed me to say he is very happy that Peter has been released and hopes for the same outcome for himself soon," Lorne Waldman said in an email to The Canadian Press.

Foreign Affairs Minister John Baird spoke Sunday with his Egyptian counterpart, Sameh Shoukry, about Fahmy's case, the ministry said in a statement. Baird said he welcomed Greste's release, and noted that he remained hopeful that Fahmy's case will be resolved in short order.

"Canadian officials will continue to work closely with the Egyptian government to provide consular assistance to Mr. Fahmy to ensure his well-being," the statement said.

Greste, Fahmy and Mohamed were sentenced to at least seven years in prison on terrorism-related charges last year in a trial described as a sham by rights groups.

THE CANADIAN PRESS

Quoted

"His deportation is in its final stages. We are hopeful."

Marwa Omara, Mohamed Fahmy's fiancee

Groundhog Day traces roots back to medieval traditions

Weather. Folklore says that a groundhog's shadow can forecast the end of winter season

What do a European Christian tradition, a 19th century American immigration pattern, and a cinema cult classic have in common? They've all helped turn groundhogs into North America's most popular weather prognosticators.

Each Feb. 2, crowds gather to watch Ontario's Wiarton Willie, Pennsylvania's Punxsutawney Phil and other furry forecasters take a shot at a task that baffles many humans. Folklore has it that if a groundhog sees his shadow he'll flee back to his burrow, heralding six more weeks of winter. If he doesn't, legend has it that spring is around the corner.

Chris Scott, chief meteorologist at the Weather Network, said Groundhog Day hearkens back to medieval Europe and the Christian festival of Candlemas.

Groundhog handler John Griffiths holds Punxsutawney Phil on Feb. 2, 2014, after he saw his shadow predicting six more weeks of winter during the 128th annual Groundhog Day festivities in Punxsutawney, Pennsylvania. GETTY IMAGES

Scott said early Europeans eventually threw a prognosticating hedgehog into the mix, adding the animals had hibernation patterns that naturally brought them out of hiding around the time of Candlemas.

Canada's marquee Groundhog Day event first took place in 1956 when Mac McKenzie, a resident of the central Ontario town of Wiarton, was looking for a pretext to throw a party.

After settling on Groundhog Day, he sent out his invitations in the form of mock news releases. When one of them fell into the hands of a genuine reporter, however, McKenzie had to get creative.

"(The reporter) had to have a story," McKenzie explained in documents provided by festival organizers. "So we tossed a fur hat with a button on it into the snow. We said it was a groundhog, and the photo ran in the (Toronto) Star."

Wiarton has been home to Canada's premier Groundhog Day event, including in 1999, when organizers discovered Willie had died in the run up to his big day. THE CANADIAN PRESS

Lighting candles

- Groundhog Day has its roots in the medieval European tradition of Candlemas. On a day in early February, people would light candles and watch the weather to see whether or not spring was on the way. Many cultures adopted rhymes for the tradition. Among them is a Scottish couplet that says: "If Candlemas Day is bright and clear, There'll be two winters in the year."

Anglican Church faces extinction in Quebec

As Rev. Yves Samson speaks to his congregation in the Quebec town of Trois-Rivieres, two things stand out: the bilingualism of the sermon and the dearth of parishioners.

Samson holds nothing back when he says that, without radical change, the Anglican Diocese of Quebec could soon be extinct. The fact Samson, 49, preaches in both languages might not sound radical to many Canadians, but to the Anglican Church — the Church of England — it is.

Several Protestant churches across Quebec have closed rather than turn bilingual.

Samson's church is Anglican in name only. The 10 people who showed up to mass on a recent Sunday included Baptists, Presbyterians and Unitarians.

The reverend said becoming ecumenical and bilingual is "the new reality" for former anglophone Protestant churches outside the Montreal area.

The new reality reflects the fact that in most regions outside Montreal, Anglo-Quebecers, and much of their culture, are on the verge of disappearing.

The Anglican Diocese of Quebec includes three of the province's main cities: Trois-Rivieres, Sherbrooke and Quebec City.

Rev. Yves Samson speaks to the faithful during mass Sunday at St. James Anglican Church in Trois-Rivieres, Que. GRAHAM HUGHES/THE CANADIAN PRESS

People who speak English at home in both Trois-Rivieres and Quebec City make up about one per cent of the population. In the 1860s Quebec City used to be 40 per cent anglophone. In Sherbrooke, fewer than five per cent of residents speak English at home. In the 1860s that number was almost 60 per cent.

In light of this new reality the Anglican Church's task is daunting: persuade francophone Quebecers to become more religious and then have them choose to worship in the Church of England, one of the main symbols of the British conquest.

"We see a grim portrait of our future in this diocese," the report concluded. "We need to act quickly on urgent and radical change in our ethos and structures."

Samson says he preaches in French and English in his two other parishes in Drummondville and Sorel, but doesn't know if most of the Anglican Church's congregations are willing to make the change.

The exodus of Anglophones in Quebec hasn't hurt just the Anglican Church, but also many other Protestant denominations. THE CANADIAN PRESS

Horror, fear in Japan after ISIL video shows beheading

Slaying. Journalist Kenji Goto's work focused on refugees, children and other victims of war

Appalled and saddened by news of journalist Kenji Goto's purported beheading by the Islamic State of Iraq and the Levant (ISIL), Japan ordered heightened security precautions Sunday and said it would persist with its non-military support for fighting terrorism.

The failure to save Goto raised fears for the life of a Jordanian fighter pilot also held by the militant group that controls about a third of both Syria and Iraq.

Unlike some earlier messages delivered in the crisis, the video that circulated online late Saturday purporting to show a militant beheading Goto did not mention the pilot.

Jordan renewed an offer Sunday to swap an al-Qaida prisoner for the pilot, Lt. Muath al-Kaseasbeh, who was seized after his F-16 crashed near ISIL's de facto capital, Raqqa, Syria, in December.

Government spokesman Mohammed al-Momani told The Associated Press that "we are still ready to hand over" Sajida al-Rishawi, who faces death by hanging for her role in triple hotel bombings in Jordan in 2005. Al-Momani also said his country spared no effort to free Goto.

The slaying of Goto, a freelance reporter whose work focused on refugees, children and other victims of war, shocked this country, which until now had not become directly embroiled in the fight against the militants.

"I feel indignation over this immoral and heinous act of terrorism," Prime Minister Shinzo Abe told reporters after convening an emergency Cabinet meeting. "When I think of the grief of his family, I am left speechless," he said. "We are filled with deep regret."

Threats from ISIL prompted an order for tighter security at airports and at Japanese facilities overseas, such as embassies and schools, government spokesman Yoshihide Suga said.

He said it would be "inappropriate" to comment on the status of the Jordanian pilot.

With no updates for days, al-Kaseasbeh's family appealed to the government for information on his situation. But for Goto's family and friends, the beheading shattered any hopes for his rescue.

"Kenji has died, and my heart is broken. Facing such a tragic death, I'm just speechless," Goto's mother Junko Ishido told reporters.

THE ASSOCIATED PRESS

People holding a banner and signs gather to show their sympathy for the killed Japanese hostages, Kenji Goto and Haruna Yukawa, in front of the prime minister's official residence in Tokyo Sunday. THE ASSOCIATED PRESS

Extremists attack Nigerian city from four fronts

In this photo taken Tuesday, Jan. 27, 2015, villagers sit on the back of a small truck as they and others flee the recent violence near the city of Maiduguri, Nigeria. JOSSY OLA/THE ASSOCIATED PRESS

Nigerian troops Sunday repelled Islamic extremists who attacked from four fronts on Maiduguri, the biggest city in northeast Nigeria, with several civilians killed by aerial bombs and grenades and mortar shells on the ground.

Soldiers said hundreds of insurgents died.

Terrified residents fled homes shaking from five hours of heavy artillery fire and streamed in from the outskirts of the besieged city of two million, already crowded with another 200,000 refugees from the fighting.

In a separate attack, a suspected Boko Haram suicide bomber killed himself and eight others Sunday at the home of politician Sabo Garbu in Potiskum, in neighbouring Yobe state, according to witness Abdullahi Mohammed.

Garbu is contesting a legislative seat in Feb. 14 balloting that includes a presidential election too close to call. Boko Haram denounces democracy.

For weeks Boko Haram has been closing in on Maiduguri, the group's spiritual birthplace, and if it were able to plant its Islamic State of Iraq and the Levant-style flag there, even briefly, it would give them a major boost as the group loses ground in remoter areas, said Jacob Zenn, author of a book about the insurgents.

Its third attack in a week on Maiduguri came as Chadian forces launched a winning offensive, acting on an African Union directive for Nigeria's neighbours to help fight the spreading Islamic uprising by Nigeria's home-grown Boko Haram extremists.

International outrage has grown over attacks across the border into Cameroon and increasing ferocity that culminated in the slaughter of hundreds of civilians in Baga on Jan. 3. THE ASSOCIATED PRESS

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VOICES

TAKING WORK HOME

Ottawa District Labour Council president sees more than a little self-interest when WORKshift's founders pitch the values of working from home

COLLINS' CAPITAL
Steve Collins

"The work/life balance promise has failed," declares the website, with a photo of a laid-back knowledge worker in jeans, having a leisurely cup of espresso in his spotless kitchen while his laptop sits unobtrusively nearby. "We've got the answer. It's called WORKshift and it's how everyone will work in the future."

WORKshift, a not-for-profit outfit that promotes working from home, held a forum at city hall last week to tout the benefits of staying put even one day a week for the sake of gridlock, the environment and productivity.

But email and mobile devices have already allowed the office to colonize many workers' off-hours, so please understand if we greet this latest pitch for inviting our jobs home with trepidation.

WORKshift quotes figures from the Canadian Telework Association: "If a million teleworkers were to work at home just one day each week, in a year, Canada would save some 250 million kilograms of CO2 emissions; 100 million litres of fuel; and 800 million fewer kilometres of mileage on our highways and streets."

We make here the large-ish assumption that every single one of those million would otherwise drive a single-occupancy vehicle to the office, rather than, say, car-pool, take public transit, walk or bike, but OK.

The Ottawa District Labour Council did not participate in the city hall forum, and wrote the mayor to express its misgivings about schemes such as WORKshift.

Teleworkers

"But email and mobile devices have already allowed the office to colonize many workers' off-hours, so please understand if we greet this latest pitch for inviting our jobs home with trepidation."

"We have a great relationship with the mayor, we have a great relationship with city councillors," said council president Sean McKenny. "And we didn't get an invite to this thing. I think I know why."

After all, when you're trying to stage a mass liberation, unchaining countless wage-slaves from their desks, skeptics can be a buzzkill.

McKenny detects more than a smidgeon of self-interest from the founders of WORKshift: companies like Shaw Business and Citrix (makers of GoToMeeting, remote conferencing software) who just happen to sell the kit for this workplace revolution.

"The more people in Ottawa who work from home, the more money that these organizations will make," he said. "Fact."

McKenny's not against profit, just in pushing its pursuit as some giant leap for workingkind. For every purported benefit, he sees drawbacks.

Your Ottawa

Just chilling at Crystal Garden

A toddler is bundled up against the cold as her family takes in the delights of the Crystal Garden at Confederation Park during Winterlude Sunday.
SEAN MCKIBBON/METRO

SEE YOUR SHOT HERE:
Send us high-quality snaps of your city to readers@metronews.ca

Upcoming

East LRT open house

The City of Ottawa is looking for public feedback on its preferred alignment for the Confederation Line East Light Rail Transit (LRT) extension at three open houses this week (6 to 9 p.m. each night). Tuesday, the consultation will take place at R.J. Kennedy Memorial Community Centre Halls A & B, 1115 Dunning Rd. Cumberland; Wednesday, at the Bob MacQuarrie Orléans Recreation Complex at 1490 Youville Dr., Orléans; and Thursday at 954 Giroux St. in Rockland. **METRO**

Music festival launch

MEGAPHONO, a music festival aimed at building bridges between Ottawa musical artists and the record industry, launches at city hall Tuesday with 11 a.m. registration, a ribbon-cutting and a panel discussion on the findings of a study about the local music industry. Passes are $20 to $40 and details about artists and concerts are available at megaphono.ca. **METRO**

Basketball classic

On Friday, the MBNA Capital Hoops Classic pits archrivals the Carleton Ravens basketball team against the University of Ottawa Gee Gees. The women's games start at 6 p.m. and the men's at 8 p.m. Tickets are $10, $16, $20 and $40 and can be purchased at www.CapitalTickets.ca, by phone at 613-599-FANS (3267) or 1-877-788-FANS (3267); in person at participating Canadian Tire stores in Ottawa and Perth, The Sens Store at Carlingwood Mall and Place d'Orléans, any Ottawa Sports Experts location, Les Galeries de Hull, Ottawa Festivals and at the Canadian Tire Centre box office. **METRO**

metro

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Agriculture. Farmers see low fuel costs as good, bad

Decades of boom-and-bust commodity prices, worker shortages and being at the mercy of the weather has removed the word optimism from Canadian farmers' vocabularies.

"At the moment, things are good right now," said Lynn Jacobson, president of the Alberta Federation of Agriculture, who also farms 600 hectares near Enchant in southern Alberta.

The recent plunge in fuel prices has been a welcome relief across the agricultural sector, helping ease the pain of low grain prices for growers and for cattle ranchers' profits.

But there is doubt.

"If the oil price stays down too low, and the federal government can't afford to keep their budgets going, and they start looking for revenue, I'm hoping they're not going to try and put this on the back of farmers," said Lethbridge farmer Gary Stanford." THE CANADIAN PRESS

Transportation costs

Lethbridge farmer Gary Stanford said lowered diesel costs make a difference in reducing transportation expenses.

- **Ongoing trend.** If fuel prices hold, farmers could save thousands of dollars in 2015.

United Nations

ICAO to review flight safety

The International Civil Aviation Organization will hold a high-level safety meeting this week to look at the global tracking of commercial aircraft and flights over conflict zones. ICAO, the UN agency that governs civil aviation, says the conference will look at how to manage aviation safety in the future and study ways to increase regional cooperation

Emerging safety issues will be discussed Tuesday. THE CANADIAN PRESS

Restaurant sanitation reports fly onto Twitter

Stewart Rand checks his tweets at the Halifax Seaport Farmers' Market on Sunday. JEFF HARPER/METRO

Social media. Inspections of eateries being tweeted out by software developer's program to foster food safety awareness

ROSEMARY WESTWOOD
Metro in Toronto

The latest restaurant inspections in your city could be only a tweet away.

People in Vancouver, Toronto, Nova Scotia and New Brunswick can avoid the sometimes cumbersome food safety websites if they want to find out who's been passing or failing food safety inspections.

Stewart Rand is tweeting them out. Or rather, his computer programs are.

"I want to make it easier for people to see this information and find out who's been naughty or nice with their sanitation," explained Rand, a software developer in Halifax.

"These days people are looking to have information brought to them," he added. "People don't want to go digging on some obscure website trying to find information."

While some sites are more helpful (Toronto's has an interactive map), others, like Nova Scotia's, are only basic search engines. And all of them take more time to navigate than a quick browse of a Twitter feed.

"The feeds run themselves, so it's not something I have to check in on," he explained. "I set up essentially computer programs that check these websites every few hours to see if there are any new inspections that have been posted. As soon as it finds those, it'll tweet them."

The feeds only post a certain number of tweets an hour, and have been running for about six months.

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Justin Timberlake and Jessica Biel are, indeed, expecting. GETTY IMAGES

Timberlake finally confirms baby we all knew was coming

Justin Timberlake is just the latest person in an impressive line of people to announce that his wife, Jessica Biel, is pregnant.

But I guess since it's actually his kid and all, his announcement should count more.

Timberlake celebrated his birthday over the weekend by posting a photo to Instagram of him kissing Biel's very pregnant belly. (Or at least we're assuming it's Biel. Because it would be really weird if it wasn't.)

He captioned the photo with some heartfelt thanks and an abundance of hashtags, including #BoyOrGirl and #YouNeverKnow.

Listen, I don't want to tell Timberlake how to do his job as a soon-to-be dad, but he does know that they will, in fact, know at some point, right?

For those keeping track at home, InStyle editor-in-chief Ariel Foxman first leaked the big news on her Instagram with a quickly deleted post in November.

And then in December, Timberlake's former bandmate Joey Fatone told InTouch that there was, in fact, a baby on the way.

I'm guessing Timberlake wanted to squeeze his own announcement out before it ended up in Katy Perry's Super Bowl halftime show or something.

Jay Z offers $56 million for Swedish streaming service

If Jay Z needs help spending all of his money, I'm happy to offer some suggestions. His latest big-ticket idea? Offering $56 million to buy Aspiro, a Swedish firm offering high-quality streaming music services. If the bid is accepted, Jay Z's company will have total control over Aspiro's paid subscription services, WiMP and Tidal. Whatever he plans to do with them, I'm sure Mike Huckabee will take issue with it.

Jay Z GETTY IMAGES

Whitney Houston and her daughter Bobbi in 2011. THE ASSOCIATED PRESS FILE

Whitney's daughter found unresponsive in bathtub

The daughter of late singer Whitney Houston was found unresponsive in her bathtub Saturday and taken to a hospital in the north Atlanta suburbs, police say.

Bobbi Kristina Brown was found by her husband, Nick Gordon, and a friend and given CPR, said Lisa Holland, a spokeswoman for the Roswell Police Department. When police arrived, Brown was taken alive to hospital.

As of late Sunday, there were no updates on her condition from the hospital or her family.

Brown, 21, is the only child of Houston and R&B singer Bobby Brown.

Houston was found dead in a hotel bathtub in 2012 at the age of 48. Authorities concluded she had accidentally drowned, with heart disease and cocaine use as contributing factors.

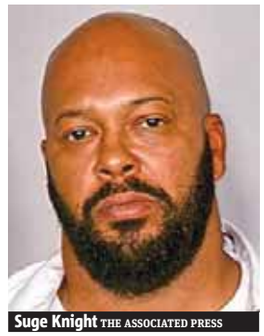
THE ASSOCIATED PRESS

Police review video of Suge Knight's fatal run-in

Los Angeles County sheriff's investigators Saturday were reviewing a video of an incident in which hip-hop music mogul Marion Suge Knight hit two men with his pickup truck, killing one, which may help provide clarity on whether Knight was the victim or attacker in his most serious run-in with the law to date.

The video is in "police custody" said Knight's defence attorney James Blatt, adding he would be seeing it Monday or Tuesday.

Meanwhile, Knight remained jailed on suspicion of murder after turning himself in early Friday.



Suge Knight THE ASSOCIATED PRESS

Sheriff's deputies said Knight hit and killed his friend Terry Carter, 55, with his pickup truck Thursday in the parking lot of a Compton fast-food restaurant, also injuring Cle Bone Sloan, 51, an actor and film consultant who was hospitalized and in stable condition.

Blatt said Knight was an innocent victim who accidentally ran over the men as he tried to escape a vicious attack.

The run-in occurred a short while after Knight was told by security to leave a film location after arguing with Sloan. The argument escalated a short while later at the fast-food restaurant.

THE ASSOCIATED PRESS

David Beckham evolves from superstar to cabbie

David Beckham has spent most of his life being a famous athlete and underwear model, but he's transitioning into his next career — a begrudgingly silent father to teens — and he's not taking it well.

His oldest kid, Brooklyn, is 15, and the next, Romeo, is on the cusp of teenhood. Then there are two more after that. So, how are things going over at the Beckham estate?

"To be honest, I've become a taxi driver overnight with the kids," he tells Jimmy Kimmel. "I'm literally an Uber driver now."

David Beckham GETTY IMAGES

Eve of Super Bowl

Rihanna springs Kanye for duet

The crowd at DirecTV's Super Saturday Night party came for Rihanna, and got a healthy dose of Kanye West as a bonus.

West trotted on stage as Rihanna sang the opening lines of their hit All of the Lights, a surprise guest at an event that's become known for delivering shows from music's superstars on the eve of the Super Bowl.

She reached out and touched fans and moved effortlessly around a semi-circle stage that allowed her to reach fans throughout the venue. West also interacted with the audience, slapping hands as he performed.

THE ASSOCIATED PRESS

Kanye and Rihanna. GETTY IMAGES

Katy dazzles at halftime show

Super Bowl Sunday. Katy Perry roars onto the halftime stage in a colourful spectacle featuring Lenny Kravitz and Missy Elliott

If you're like us, what you really wanted to hear during last night's Super Bowl was Katy Perry's halftime roar, and she did not disappoint.

From her entrance on a golden mechanical lion while singing her megahit Roar to her duet with Lenny Kravitz on I Kissed A Girl, Perry managed to give her fans all of her hits in one shot.

The popular singer also took to the air, travelling around the stadium on a floating shooting star while singing her hit song Firework.

Despite all of that, it's safe to say that it was a cameo by Missy Elliott that stole the show.

Katy Perry makes a grand entrance at the Super Bowl halftime show. GETTY IMAGES

The rapper came out to perform her now-classic hit Get Ur Freak On and promptly dazzled social media, leaving many hoping she'll release new music soon. LENYON WHITAKER/METRO IN NEW YORK CITY

Halftime goal

"I hope at the end of the day that 100 million people are all smiling in unison."

Katy Perry describes her Super Bowl halftime show game plan

Super advice

Katy Perry was so nervous about her Super Bowl Sunday performance she told Billboard she planned on sending last year's Super Bowl performer, Bruno Mars, an email asking for some tips. She read the email out loud to Billboard and it's beyond adorable.

- "Hello, exclusive Super Bowl club member! I was wondering if you are in L.A. at all this month and would have tea with a sister who is about to throw up with nervousness re: (football emoji). I've heard about your process through our managers, but am wondering if you had more insight on important things like, spray tan the night before or three nights before? JK, or maybe not!"

MATTHEW LEE/METRO IN NEW YORK CITY

Old star, new star shine at A-list bash

Rolling Stone party. Steven Tyler, Charli XCX headline Super Bowl eve event

Aerosmith frontman Steven Tyler charged up a frenzied crowd on the eve of the Super Bowl that features his beloved New England Patriots.

Tyler played fan favourites at the Rolling Stone party, including Dream On, Sweet Emotion and Cryin' in front of an audience that sang along in unison for most of the songs.

Tyler followed British pop star Charli XCX, who set the stage with an energetic set.

"Who's excited for the f--ing Super Bowl?" she shouted. "I thought it was baseball until a few months ago. I'm from the U.K."

Tyler largely avoided any reference to the Patriots, despite a long history with the team.

The Boston rocker has been a fan of the Patriots for several years, and famously sang the national anthem in the AFC Championship two years ago before the Patriots lost to the Baltimore Ravens. The performance was widely ridiculed as he botched some of the lyrics.

Following the controversy over deflated footballs during this year's AFC title game, Tyler joined Matt Damon, Ben Affleck, John Krasinski and other well-known Patriots fans in a mock video on Jimmy Kimmel Live! in which they claimed responsibility for the air being taken out of the balls.

THE ASSOCIATED PRESS

Super Bowl newbie

"I thought it was baseball until a few months ago. I'm from the U.K."

British pop star Charli XCX

Rock 'n' roll icon

Steven Tyler's top billing at an A-list party on one of the entertainment world's biggest party nights is a testament to his staying power as a rock 'n' roll icon.

- **Aerosmith's longevity spans more than a generation, including their rise to stardom in the early 1970s, a rough period during the early '80s when drugs tore the band apart and a resurgence in the late '80s and early '90s that put them back on the top of the charts.**
- **In recent years, Tyler was a judge on American Idol, endearing him to a younger generation of fans.**

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Stumped by the ways to save

Planning. Should you pick an RRSP, TFSA or a combination of the two? Gail explains why the choice can be baffling

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

If you have a low income and it's taking almost all your money just to make ends meet, then a TFSA is a better bet. ISTOCK

One of the financial goals that inevitably floats to the top of the list is saving more money. It's a good goal. But there are so many different vehicles you can use to save that sometimes the choices become the barrier to saving.

At the height of RRSP season you'll no doubt hear the seven, nine and 11 best reasons to use an RRSP. But is it a good choice for you? Ever since the Tax Free Savings Account (TFSA) came on the market, this is the big question.

The RRSP's big benefit isn't just as a savings vehicle, it's also as a way to save on taxes now because of the tax deduction. You can contribute up to 18 per cent of your earned income in 2014, to a maximum of $24,930 for 2015.

Most people don't come anywhere close. But if you made an income of $60,000 in 2014 and put $10,800 into an RRSP in 2015 (at a 30 per cent marginal tax rate), you'd reduce your taxes from $11,686 to $8,322, for a savings of $3,364 on your taxes. Wouldn't you rather keep that $3,364 to use to meet your goals?

The contribution limit for a TFSA for 2015 is $5,500. Put $5,500 a year in a TFSA at an average return of four per cent over 30 years and you'll have over $319,000, $154,000 of which you didn't have to bust your butt to earn.

Put $5,500 a year into an RRSP and reinvest the tax refund you get (assuming you're paying tax at 30 per cent) in a TFSA and, all things being equal, you'll have an extra $93,000, which is the compounded return on the tax savings you put in the TFSA.

If you have a low income and it is taking almost all your money just to make ends meet, then if you decide to save a little somethin' somethin', a TFSA is a better bet. If you're going to be able to make do with the income CPP and OAS provide, then squirrelling away whatever you can manage in a TFSA makes way more sense.

And if you're going to have an income that lets you qualify for the Guaranteed Income Supplement, then using a TFSA will also work better for you. Ditto if you're well into your career and still have a low tax rate.

Claiming a deduction for an RRSP contribution when your taxes are low, piling up a stash of cash, and then paying more in tax when you cash out at retirement makes no sense. If you think you'll likely always be at the lowest tax rates then you should stick with a TFSA.

However, if you expect that over time your income and tax rates will increase, an RRSP will save on taxes big-time. You don't have to claim the deduction in those early years. Make your RRSP contribution but hold the deduction for when your taxes are higher and you'll get a bigger refund. You can then use the taxes you save to fund your TFSA contribution. Or perhaps, by then you'll have other priorities like paying down your mortgage or funding an RESP for your kids.

If you're close to hanging up your spurs, and you haven't made any RRSP contributions so far, go with a TFSA. The same holds true if you've got a great pension plan at work since having a whack of taxable income in an RRSP will be less than optimum come retirement time. If you're concerned about losing your OAS to the clawback, go with a TFSA instead of an RRSP.

For virtually everyone else an RRSP is an awesome idea. Don't be confused by all the blah blah blah into thinking you won't benefit from an RRSP because the income you take out is taxable. Remember, you didn't pay any tax on the money that went into the RRSP (unlike the money that went into a TFSA). So to put $5,500 into an RRSP you need gross only $5,500, but to make the same contribution to a TFSA you'd have to have earned $7,150 in pre-tax income (at a 30-per-cent tax rate).

I believe an RRSP is still the single best way to save for retirement. I've had my RRSP since I was 22 years old and I'm damn glad I had some foresight and started contributing early. Sure, there were years when I barely made a contribution, but as my income and spending needs changed I shifted my contributions to make the RRSP work for me. And as soon as the TFSA became available, I started putting money into one.

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Quoted

I believe an RRSP is still the single best way to save for retirement. I've had my RRSP since I was 22 years old and I'm damn glad I had some foresight and started contributing early.

Which is best?

For some it is an either/or game. The people who most benefit from choosing a TFSA:

- Have a low income/low tax bracket
- Are banking on CPP, OAS and the GIS
- Are close to retirement and haven't saved much
- Have a great work pension plan

For everyone else, an RRSP or a combination of RRSP/TFSA means you'll have more money when you decide to hang up your spurs.

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A sweet, glazed twist on a lunch classic

Recipe. This salmon sandwich gets a boost from sweet rice vinegar, miso paste and a little zip from wasabi, lemon juice

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. ROSE REISMAN

Whether you've got leftovers or are cooking up a freshly baked salmon, both options make for either a great warm or cold sandwich with an Asian twist. The mirin and miso glaze is a perfect match for this dish. One way I cut calories is to take a sandwich baguette and remove the bready stuffing.

Directions

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with vegetable oil.

2. Combine the mirin, miso, sugar and sesame seeds in bowl.

3. Brush the skinless salmon fillet pieces with half the mirin mixture and bake for 10 minutes per inch of salmon thickness. Flake the salmon into smaller pieces and mix with remaining mirin mixture.

4. In a small bowl, combine the mayonnaise, wasabi and lemon juice. Spread this mixture over baguette halves. Top with the salmon mixture, add thinly sliced avocado and cucumber slices, and place other baguette half over top.

Ingredients

- 3 tbsp mirin or sweet rice vinegar
- 1 tbsp light miso paste
- 2 tbsp brown sugar
- 2 tsp toasted sesame seeds
- 1 lb skinless salmon fillet sliced lengthwise into 4 pieces
- 1/3 cup light mayonnaise
- 1 1/2 tsp wasabi paste
- 1 1/2 tsp lemon juice
- 4 (3 oz) baguette rolls, sliced in half
- 1/2 small ripe avocado, sliced thinly
- 16 round slices thinly cut English cucumber

Nutritional information

Per serving

- **Calories.** 470
- **Carbohydrates.** 41 g
- **Fibre.** 3 g
- **Protein.** 29 g
- **Total fat.** 20 g
- **Saturated fat.** 3.5 g
- **Cholesterol.** 5 mg
- **Sodium.** 610 mg

Make it a date night with spinach and pomegranate juice

Fresh dates are a delicacy and so well worth using to highlight a salad. They are insanely sweet and have a soft caramel-like taste. You can store them in an airtight container in the refrigerator for up to eight months or in the freezer up to a year. Pomegranate juice is a little sweet and tart, and also contains loads of antioxidants. Be sure to buy pure and not sweetened for this recipe.

Directions

1. Place the baby spinach on a large platter. Add the pitted dates, thinly sliced red onions, orange slices and toasted pecans.

2. In a small bowl, combine the pomegranate juice, oil, vinegar and honey. Pour on top of salad.

ROSE REISMAN

Ingredients

- 6 cups baby spinach
- 4 fresh dates, pitted and sliced in half
- 1/3 cup thinly sliced red onion
- 1 peeled orange sliced into 6 rounds
- 1/4 cup toasted sliced pecan halves

Dressing

- 3 tbsp pomegranate juice
- 1 1/2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 1/2 tsp honey

Nutritional information

Per serving

- **Calories.** 170
- **Carbohydrates.** 29 g
- **Fibre.** 6 g
- **Protein.** 2 g
- **Total fat.** 7 g
- **Saturated fat.** 1 g
- **Cholesterol.** 0 mg
- **Sodium.** 40 mg

This recipe serves six. ROSE REISMAN

Learning is about to get personal

Education. Swap in this new approach and nix standardized testing, B.C.'s educators hear

The debate over whether standardized testing will help to form a successful, employable adult continues. ISTOCK

Schoolchildren in China drilling their tongues to pronounce English words correctly often find themselves picking up more ZZZs than ABCs.

Half a year can be spent practising rote verbal exercises, a mind-numbing method that can kill youngsters' enthusiasm for learning, said a former English teacher from China who's seen it firsthand.

Such a teaching style has evolved to meet institutions' needs for generating high scores in standardized testing, but Yong Zhao said the same harmful effect on Chinese students may be happening in British Columbia.

Zhao is now a top international education consultant based in Oregon who was invited by B.C.'s Education Ministry to spell out his vision for upgrading the provincial school system.

"My extreme advice — we should do away with all of (standardized testing)," Zhao said in an interview after addressing a forum of more than 150 educators and interested business and community leaders.

"It's a waste of money, very little value, destroys parents, destroys schools, too, and puts students and teachers in a bind for high-stakes testing."

The province should revolutionize the system by shifting the teaching emphasis to nurture every child's individual passion and talents, Zhao said. The concept is called personalized learning, and gives both students and teachers more space to explore their diverse abilities.

"To be creative, to be entrepreneurial, you cannot skip the basics," Zhou told the room.

"But the basics should come after we have a passion. Sometimes we do the basics and we have killed people's interest."

His call for innovation comes at the same time B.C. teachers are administering the standardized Foundation Skills Assessment tests to children in Grades 4 and 7, and as the province's education minister announced a new education strategy.

Minister Peter Fassbender told the forum the government is partnering with educators to identify several schools throughout the province to pilot programs that swap the focus to individualized learning.

"We're not going to throw the baby out with the bath water," Fassbender said. "And as Dr. Zhou said, there are great ideas but if we try to go from here to here we're going to scare half the population."

The minister said development of the K-12 Innovation Strategy will be ongoing but avoids a top-down approach and instead encourages students to explore what's relevant to their own lives.

A working group will be formed to connect school districts, participating schools and interested organizations such as the B.C. Teachers' Federation and associations representing superintendents, principals and independent schools.

The ministry also released an updated B.C. Education Plan, which better articulates the concept of personalized learning and proposes to further examine a suite of student assessment tools.

Zhao, now a professor at the University of Oregon who studies global educational policy, told the crowd that the world's established education systems drive creativity down and discriminate against students with diverse abilities.

He said children already have a tremendous capacity to soak up foundational skills — so long as the learning methods are engaging.

He suggested teachers should provide fewer explicit instructions and instead give students broader ownership over their learning, placing more emphasis on developing individually meaningful skills while making better use of global resources.

Teachers' federation president Jim Iker welcomed Zhou's vision as a "breath of fresh air."

The union has long argued general, cognitive-skills tests don't help students learn or teachers teach.

"Workplaces want young adults who are able to be creative, who are confident, who are self-reliant, who've got social skills," he said. "That's an important piece that's not part of a standardized test."

THE CANADIAN PRESS

Quoted

"It's a waste of money, very little value, destroys parents, destroys schools, too, and puts students and teachers in a bind for high-stakes testing."

Yong Zhao on standardized testing

Education

Kids get leg up in life with lessons on mindfulness: University of B.C.

Paying extra attention appears to have paid off for a group of Grade 4 and 5 students in Coquitlam, B.C., who participated in a mindfulness program.

Researchers at the University of British Columbia found that the elementary students were better at regulating stress, more optimistic and helpful, better liked by their peers and even performed better at math.

The study involved giving lessons to the children in mindfulness, where they were guided to intentionally focus on the present — while avoiding making judgments — through a series of breathing, tasting and movement exercises.

Lead author Kimberly Schonert-Reichl says the study amounts to scientific evidence that children who are taught mindfulness are better positioned to succeed both in school and life.

She says it's one of the first studies of its kind and involved researchers from across multiple disciplines, including a neuroscientist, developmental pediatrician, developmental psychologists and education experts.

Research for the study was conducted in 2008, and the findings were published this month in the academic journal Developmental Psychology.

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Advice

I thought hilarious, they thought hurtful

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Remember that not everyone you work with shares your particular sense of humour. Mind the more sensitive souls. ISTOCK

Dear Metro,
I pride myself on being the most hilarious person at my office. I consider myself an amateur insult comic: my style is dry, observational humour. However, I recently made a joke that apparently went "too far." What I thought was a hysterical jab at a colleague's sweater was deemed "mean." I don't want to give up my comedy, but I also don't want everyone at work to hate me. How can I walk this fine line?
— They Just Don't Get It

Dear TJDGI,
Do your co-workers not "get it," or would they rather not be heckled while they work? You may think you missed out on a career slinging jibes in dark basement clubs and they may think you're unprofessional.

Since you're a comedian, hone your timing. Envelope-pushing jokes might get a very different response during after-hours beers than middle-of-the-afternoon meetings. Audience is also important: While your sweater-wearer wants you to leave their knits alone, other colleagues might dig your so-honest-it-hurts approach. Either way, be very careful with your material. The office is no place to workshop edgy (read: offensive) topics, unless you want your next audience to be HR. You don't have to shut down your jokes, but you do need to be careful about when and whom you roast. It's true that funny co-workers are usually beloved. Not so loved: Co-workers who think they're funny, but aren't.

Dear Metro,
I was abruptly let go from my last job when my company downsized. And while I've found a new position that I really like, I can't shake the irrational fear that history will repeat itself. With every typo or slight miscommunication, I worry that I'm going to get fired. It's exhausting! I really want to start feeling like myself around the office. How can I chill?
— Pink Slip Paranoia

Dear PSP,
To scrap your anxiety, acknowledge its source. Your fears aren't irrational; they're founded in a very real and unpleasant prior experience. Although there's currently no threat of the sack, it makes sense that your nerves are racked.

Next time a teensie mistake inflates into a blimp-sized freak-out, remind yourself that your worries are rooted in your past, not your present. A typo is not grounds for termination, and your new employer likely understands that you're on a learning curve. Even if you think your previous dismissal was linked to your performance — not just restructuring — you now have the opportunity to boost your game. Instead of fretting over little fumbles, focus on honing your work.

Regardless of your history, it can take a while to get comfortable in a new workplace. Be patient as you grow accustomed to your present gig. With time, your worries will get downsized — not you.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Your best bets for career success in today's market

Career. Glassdoor.com reveals the top 25 jobs to land this year in the United States

If you're looking for a new career that will help you rake in the dough, perhaps you should consider throwing yourself into tech, health care or finance.

Why? Well, according to a report from Glassdoor.com, those three industries contain some of the best jobs in the United States. What makes a job the best in America? Well according to Glassdoor, the best jobs are determined as such by their salary potential, growth, and number of job listings. With a growing and aging population, it should come as a surprise to no one that the No. 1 job on the list was in the medical field — specifically, as a physician's assistant. Glassdoor reports that a physician's assistant can expect an average base salary of $111,376 and plenty of potential career growth.

What the list does not take into account is the amount of education one needs for these careers. Earning an advanced specialized degree takes time and money, and for some, the trade-off might not be worth it.

METRO

Glassdoor.com determined that a physician's assistant has the brightest career future. ISTOCK

Did your job make the cut?

1) Physician's Assistant: $111,376
2) Software Engineer: $98,074
3) Business Development Manager: $94,907
4) Human Resources Manager: $96,443
5) Finance Manager: $122,865
6) Marketing Manager: $100,130
7) Database Administrator: $97,835
8) Product Manager: $113,363
9) Data Scientist: $104,476
10) Sales Manager: $76,556
11) Solutions Architect: $121,657
12) Mechanical Engineer: $73,015
13) QA Engineer: $77,499
14) Business Analyst: $74,638
15) Electrical Engineer: $76,803
16) Network Engineer: $87,518
17) Network Engineer: $87,518
18) Audit Manager: $69,271
19) Physical Therapist: $64,806
20) IT Project Manager: $103,710
21) Client Services Manager: $103,736
22) Supply Chain Manager: $83,795
23) Mobile Developer: $79,810
24) Nurse Practitioner: $95,171
25) Sales Engineer: $91,318

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BLACK HISTORY MONTH

Power of personal stories

Passages Canada speakers' program

Michael Farkas shares personal stories at a Passages Canada event last February in Montreal. CONTRIBUTED

Clement Ndiaye speaks at a Passages Canada event last February in Montreal. CONTRIBUTED

When the federal government declared the first nationally recognized Black History Month in February 1996, it created opportunities for all Canadians to honour and remember black heroes, leaders and achievers.

"Sharing stories of cultural heritage builds understanding, empathy and connections," says Hannah Reimer, a volunteer speaker with Passages Canada.

Reimer looks forward to more speaking engagements this month before elementary, high school and community group audiences.

Born in Swaziland, Reimer says she values "Black History Month because it keeps the struggles and successes of those who came before, fresh in my mind. It reminds us of where we've been and how far we've come."

The Passages Canada speakers' program is part of Historical Canada, an organization dedicated to increasing awareness of Canadian history and citizenship. More than 200 speakers of African, Caribbean and black heritage will share their stories of identity, culture and heritage with new and established Canadians across the country this month.

"This free program addresses the power of personal stories," says Calina Ellwand, Passages Canada's program co-ordinator of the popular program, which seeks speakers on a variety of subjects. "Speakers recognize they're providing audiences with an opportunity to learn something new and something that has not been well-documented."

Black studies Prof. Dr. Afua Cooper and her colleagues recognize the need for discussion about the black community's past, present and future. This May 21-24, the second biennial Black Canadian Studies Association Conference takes place in Halifax at Dalhousie University, wher delegates will examine ways to ignite black leadership in Canada.

"The long history of black people in Canada has been shaped by a struggle for recognition," says Cooper, chair of the Black Canadian Studies Association. "It's imperative that we analyze the state of black Canadians across Canada and generate strategies for the future."

– Heather Beaumont

Nelson Mandela

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CONTRIBUTED PHOTOS

Celebrating black culture across the country

The TD Then & Now Black History Month Series showcases artists representing more than 15 countries from Africa, the Caribbean and Europe.

"Our exciting slate of programming is a vibrant reminder of the many ways Canada continues to be nourished and enriched by the contributions of African Canadian artists and those from the African diaspora," says Karen Carter, board chair and Black Artists' Networks Dialogue (BAND) co-founder.

BAND supports and showcases black artists both globally and in Canada. BAND also partnered with the TD Bank Group to produce the TD Then & Now Black History Month series.

"The series has become one of the most prominent cultural celebrations in Canada," says Alan Convery, director, community relations, TD Bank Group. "Since we began supporting this innovative series eight years ago, TD's goal has been to help established and emerging artists further develop black arts and culture and to celebrate the many accomplishments of black Canadians past and present."

TD THEN & NOW SERIES

More than 50 multidisciplinary projects will be showcased in Vancouver, Calgary, Toronto, Ottawa, Montreal and Halifax. Events include free and paid programming for children and adults in French and English. The TD Then & Now Black History Month Series is presented by Black Artists' Networks Dialogue (BAND) in partnership with the TD Bank Group and runs from February to March 6.

2015 events include:

- Vancouver — Africa Fête Festival is a three-day celebration of music, dance, food and film with established and emerging artists.
- Calgary — The Revolution Will Be Televised, a multidisciplinary event incorporates Sean Dennie's photography, vocal and guitar boot camps and a cultural program celebrating Alberta's finest black artists.
- Toronto — The Power Plant Contemporary Art Gallery presents The Unfinished Conversation — Encoding/Decoding about the advancement of artists from the Black Diaspora.
- Ottawa — Here & There Our Musical Roots showcases the influence of drums, vocal chants, arts and dance on modern music.
- Montreal — The Massimadi Film Festival features recent LGBT-themed films and documentaries starring members of the African and Caribbean communities.
- Halifax — Charles Taylor Theatre & Media Arts Association presents The Colour Purple musical.

For more information, visit band-rand.com.

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Celebrate Black History and Culture

From Caribbean to Cuban, from Brazilian to Guyanese, Canada's Black culture is rich and storied. Celebrate our diverse multicultural heritage with the sponsorship of The Book of Negroes on CBC*, artist performances and events through TD Then & Now, and The Black Experience Project. Be part of the journey and get inspired.

Get inspired at td.com/blackhistory

TD

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To do, or not to do, during flu season

Staying healthy. Taking care of yourself and those around you is key to kicking seasonal viruses

JACQUELINE KOVACS
For Metro

Felled by the flu or suffering through a nasty cold? Don't even think about dragging yourself through your daily routine.

"Taking a step back and taking care of ourselves, for most people, can shorten the length of time they feel unwell," said Dr. Lisa Graves, chief of the department of family and community medicine for Toronto's St. Michael's Hospital. "It's probably one of the best things that people can do."

But it's not the only one. Here are Graves' dos and don'ts for getting through a bad cold or flu.

Do stay hydrated

Getting enough fluids is always a good practice, but it's even more important when you are battling a seasonal cold or flu. "Very often, these episodes come with fever, diarrhea or vomiting," Graves said. "People can get dehydrated and that can make you feel even worse." So fight back with fluids — water, juice and herbal teas are all good choices, as is good old chicken soup.

Do get lots of rest

Busy may be the new black, but it won't help you heal. "It can be difficult to find the time to rest, but it is the body's opportunity to recuperate," Graves said.

Do keep on exercising — or don't

Should you exercise when you are sick? "This is something I get asked about a lot," Graves said. And her answer is a qualified yes. "If you feel well when you're exercising, then there's probably no harm." But that is assuming you have no difficulty breathing and that your routine is not causing you extra challenges. "If you're having issues with breathing, then running outside in the cold is probably not a good idea," she said. "When you're sick, it's not the time to push yourself over the limit."

If you aren't feeling well, do your co-workers a favour and stay home so you're not spreading the virus. SHUTTERSTOCK

Do keep it clean

Washing your hands is one of the most effective ways of curbing the transmission of viruses. "Handwashing is really helpful in not spreading a virus to others in your household," Graves said.

Don't go to work

If you are feeling lousy and coughing like mad, why would you share that misery with your colleagues and, if you take transit, harmless strangers on your commute? "If they're not well, I encourage my patients to stay home," Graves said.

Don't be fooled

Over-the-counter medications are great for short-term symptom management, but that's about it. "An illness has to run its course," Graves said. "In the short term for symptom relief, over-the-counter remedies are great, but they won't shorten the length of time of the illness."

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PHC-13942

Patriots defenders mob teammate Malcolm Butler after the safety intercepted a pass in the end zone. The pass from Russell Wilson, not pictured, was intended for Ricardo Lockette, front.
CHARLIE RIEDEL/THE ASSOCIATED PRESS

Pats deny Seahawks a championship repeat

NFL. New England withstands a late drive by Seattle thanks to undrafted rookie's interception in end zone

Tom Brady and the Patriots made this Super Bowl all about football, not footballs.

Clutch football, spiced by a sensational fourth-quarter rally and a goal-line, game-saving interception.

The record-setting Brady threw for four touchdowns, including a three-yarder to Julian Edelman with 2:02 remaining Sunday night as New England rallied from a 10-point deficit to win its fourth Super Bowl in the Brady-Bill Belichick era, 28-24 over Seattle.

But the Patriots (15-4) had to survive a last-ditch drive by the Seahawks (14-5), who got to the 1, helped by a spectacular juggling catch by Jermaine Kearse. Rookie Malcolm Butler stepped in front of Ricardo Lockette and picked off Russell Wilson's off-target pass to complete one of the wildest Super Bowl finishes.

Brady surpassed Joe Montana's mark of 11 Super Bowl touchdown passes with a five-yarder to Danny Amendola to bring the Patriots within three points.

Seattle, seeking to become the first repeat NFL champion since New England a decade ago, was outplayed for the first half, yet tied at 14. The Seahawks scored the only 10 points of the third period, but the NFL-leading defence couldn't slow the brilliant Brady when it counted most.

It didn't matter how much air was in the balls, game MVP Brady was unstoppable when the pressure was strongest. While pushing aside the controversy over air pressure in the footballs stemming from the AFC title game, the Patriots toyed with Seattle in the final 12 minutes.

Seattle didn't quit and Kearse's 33-yard catch with 1:06 remaining got it to the 5. Marshawn Lynch rushed for four yards, then backup cornerback Butler, who was victimized on Kearse's reception, made the biggest play of his first NFL season with 20 seconds remaining.

"I just had a vision that I was going to make a big play and it came true," said Butler, an undrafted rookie from West Alabama. "I'm just blessed. I can't explain it right now. It's crazy."

Seahawks linebacker Bruce Irvin was ejected in the final seconds for instigating a near-brawl, delaying the celebration for the Patriots.

Soon they were mobbing one another on the same field where their 2007 unbeaten season was ruined in the Super Bowl by the Giants. They also fell to the Giants for the 2011 title.

THE ASSOCIATED PRESS

Super Bowl

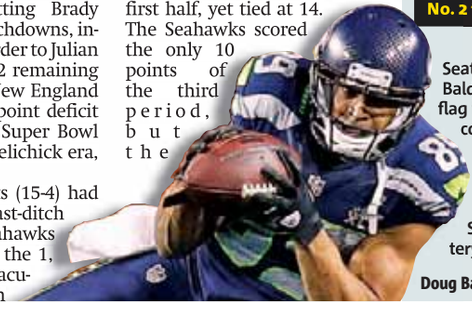
Patriots	Seahawks
28	24

Brady's touchdown bunch

13

Tom Brady now holds the Super Bowl record with 13 touchdown passes. He was named the game's most valuable player.

No. 2 in more ways than one



Seattle wide receiver Doug Baldwin drew a penalty flag for unsportsmanlike conduct after catching a touchdown pass to put the Seahawks up two scores in the Super Bowl. Why? Something of a mystery to television viewers.

Doug Baldwin THE ASSOCIATED PRESS

- But it appeared to have been an obscene gesture; Baldwin apparently simulated pulling down his pants over the football as if to go to the bathroom.
- He was flagged for a 15-yard celebration penalty.

4 SPORTS

Djokovic cruises to victory Down Under

Tennis. Serb champion makes it five for five in Australian Open finals, while Scotsman Murray has lost all four final appearances

This was one occasion where Novak Djokovic couldn't really empathize with Andy Murray, his long-time friend.

As he prepared to receive the trophy for the Australian Open winner for a fifth time in five trips to the final at Melbourne Park, Djokovic turned to Murray late Sunday and offered his congratulations on his friend's recent engagement.

Nice segue. Murray — to set the record straight — had just lost an Australian Open final for the fourth time, including three at the hands of Djokovic. Murray won the U.S. Open in 2012 and Wimbledon in 2013 to end decades-long droughts at the majors for British men, but was clearly upset at his inability to crack it in Melbourne.

"I wish you a wonderful wedding and many kids," Djokovic said, kicking off his trophy acceptance speech. Murray smiled. His fiancée, Kim Sears, applauded from her seat.

She'd already drawn attention for her shirt that was emblazoned with the words "Parental Advisory Explicit Content" — a humorous reaction to being caught on camera apparently using expletives during Murray's semifinal.

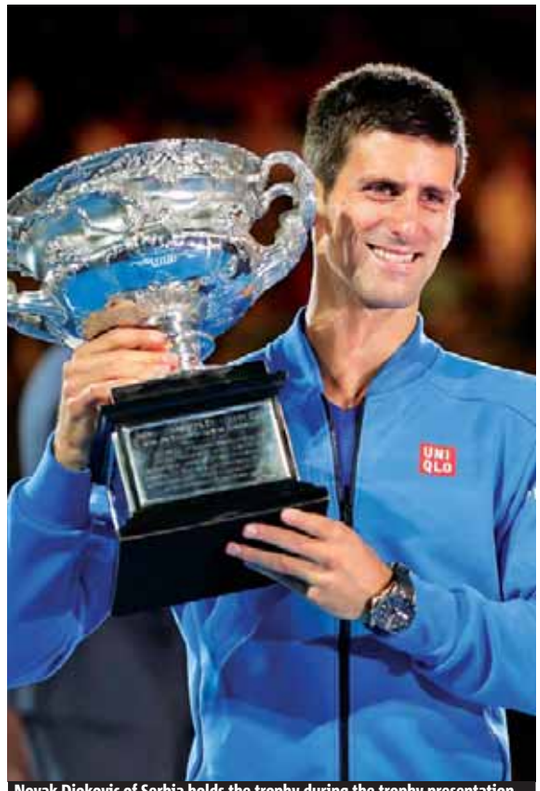
"It's slightly different thinking for me now since I became a father and a husband," Djokovic — who won in four sets 7-6 6-7 6-3 6-0 — explained. "I apologize for changing the subject." His outlook on life had changed between his two most recent trips to Australia. He married long-time partner, Jelena, and the couple had a son, Stefan, in late October. He said his first Grand Slam title since his marriage and the birth of his son had a "deeper meaning, more intrinsic value."

"Getting married and becoming a father was definitely something that gave me a new energy, something that I never felt before," he said.

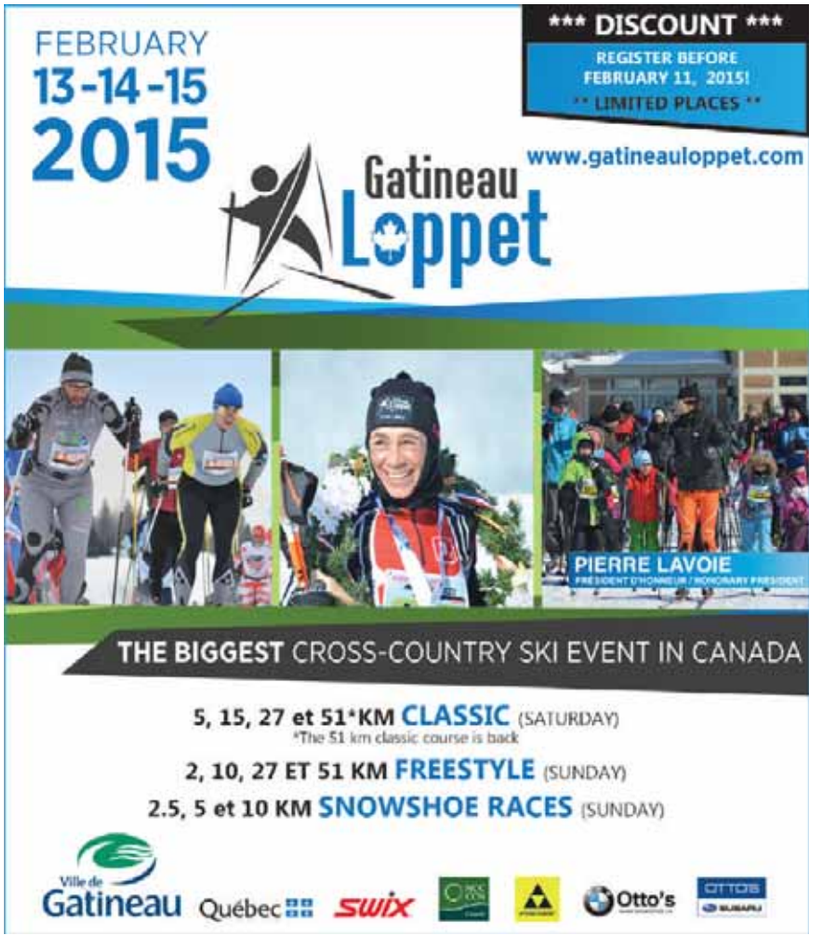
Djokovic now has eight major titles, including his five in Australia, where he won his first Grand Slam title in 2008 and then won three straight from 2011 before losing in the quarterfinals last year to Stan Wawrinka. The 27-year-old Serbian is now second on the list of all-time Australian Open winners. THE ASSOCIATED PRESS

Serena's triumph

Djokovic's win on Sunday followed up on top-ranked Serena Williams' win in the women's final Saturday night against Maria Sharapova, giving the 33-year-old American a sixth Australian and 19th Grand Slam title.



Novak Djokovic of Serbia holds the trophy during the trophy presentation after winning the men's singles final at the Australian Open. AP PHOTO/BERNAT ARMANGUE



Golf. Koepka earns first PGA Tour win in Phoenix

With an eagle putt that looked as long as his golf journey around the world, Brooks Koepka surged into the lead and stayed there Sunday with a 5-under 66 to capture the Phoenix Open for his first PGA Tour victory.

Lingering for most of the final round, Koepka holed a 50-foot eagle putt from the fringe on the 15th hole and didn't make any mistakes the rest of the way.

The victory ended a long, arduous road for the 24-year-old from Florida. With no status in America, Koepka played the Challenge Tour in faraway lands like Kazakhstan and Kenya, winning four times to earn his European Tour card and then validating his status as a rising star by winning the Turkish Open last year.

But winning at home brought the strongest validation. "It feels amazing," Koepka said after his one-shot win over Hideki Matsuyama, Masters champion Bubba Watson and Ryan Palmer. Graham DeLaet was the top Canadian in the tournament finishing in a tie for seventh spot. THE ASSOCIATED PRESS

Joy

"It feels amazing."
Phoenix Open champion Brooks Koepka

Brooks Koepka holds the trophy after winning the Phoenix Open golf tournament, Sunday, in Scottsdale, Ariz. RICK SCUTERI/ AP PHOTO

Soccer

Forest sack former captain Pearce

Former England defender and Nottingham Forest captain Stuart Pearce has been fired after seven months as Forest manager, paying the price for a poor run of form that jeopardized the club's chances of returning to the Premier League.

Forest says Sunday that Pearce was dismissed after talks with the club's Kuwaiti owner, Fawaz Al Hasawi, and has been offered an alternative role with the team. THE ASSOCIATED PRESS

NHL

Predators easily pick off Penguins

Carter Hutton stopped 21 shots to pick up his second career shutout as the Nashville Predators beat the Pittsburgh Penguins 4-0 on Sunday.

Gabriel Bourque, Roman Josi, Eric Nystrom and Mike Fisher scored, giving the Predators their first regulation win in Pittsburgh in 11 years. THE ASSOCIATED PRESS

Korpikoski double kills off Canadiens

Lauri Korpikoski scored two power play goals and Louis Domingue got the win in his first NHL start as the Arizona Coyotes posted a comeback 3-2 win over the Montreal Canadiens on Sunday afternoon.

Oliver Ekman-Larsson also scored for the Coyotes (18-26-3), who picked up only their second win of an eight-game road trip that ends Tuesday night in Columbus. THE CANADIAN PRESS

Speed skating

Morrison reaches medal milestone

Denny Morrison reached a milestone with his 40th individual World Cup long-track speedskating medal on Sunday, while fellow Canadian Ivanie Blondin captured her sixth medal of the season. Morrison earned his first trip to the podium this season with a bronze in the men's 1,500 metres, while Blondin took silver in the women's mass start. THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You'll be asked to give your opinion on a controversial topic today, and you must be honest about what you think.

♉ Taurus
April 21 - May 21
Put your own needs first over the next few days, because if you don't you'll lose out to people who are not as deserving of success.

♊ Gemini
May 22 - June 21
The coming week will be a time of great activity. You know what you want, you know where to get it — now you must find the confidence to reach out and take it.

♋ Cancer
June 22 - July 23
If you help someone in need today it will make both of you feel better. But why help one person when, by joining some kind of charitable movement, you could help thousands?

♌ Leo
July 24 - Aug. 23
Stop dreaming about what you'd like to do and start doing it. It doesn't matter how far-fetched your dream is. If you start working towards it, one day it will come true.

♍ Virgo
Aug. 24 - Sept. 23
Are you inspired by other people's successes, or do they make you envious? Either way it can motivate you to do more yourself. This can be a time of real achievement.

♎ Libra
Sept. 24 - Oct. 23
Anyone who thinks they know you will be mightily surprised today as you do the opposite of what they expect.

♏ Scorpio
Oct. 24 - Nov. 22
If someone gets aggressive in their attempts to sell you something you don't want, be it an object or an idea, be a bit aggressive back at them.

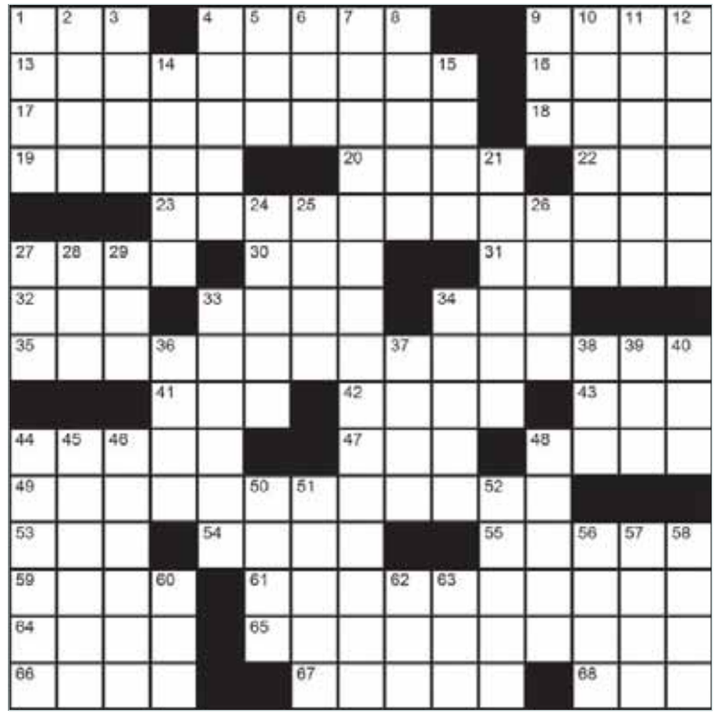
♐ Sagittarius
Nov. 23 - Dec. 21
There seems to be a lot of tension in your dealings with other people at the moment, both in your personal affairs and at work. The good news is that tension can be creative.

♑ Capricorn
Dec. 22 - Jan. 20
Something unexpected will knock you out of your stride today and you will find it hard to get your rhythm back. It may be frustrating but don't make a big issue out of it.

♒ Aquarius
Jan. 21 - Feb. 19
There is nothing you cannot do, no challenge you cannot handle. If you are a typical Aquarius you will seek out situations that test you to the limit over the next few days.

♓ Pisces
Feb. 20 - March 20
If someone annoys you today just turn your back and walk away. If you allow yourself to get drawn into an argument you will get angry and say things you might regret.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. "... and now, without further __..."
4. Toast's border
9. Daisy's optimistic pal
13. Twice yearly
16. Half, as in music
17. Actor born in Kirkland Lake, Ontario: 2 wds.
18. "En garde!" blade
19. Glacial ice block
20. "For __ _ jolly good fellow..."
22. Split __ (New Zealand band)
23. "Why so interested?": 4 wds.
27. 1975 War hit: "Why Can't __ __ Friends?"
30. "Fabulous!"
31. Hair lock
32. Alphabetic trio
33. River to the Rhine (var. sp.)
34. La __, city of Bolivia
35. Rihanna's latest tune, a collaboration with Kanye West and Paul McCartney
41. Lunch time, little-ly
42. Hi-__ (Electronically advanced)
43. Not in style
44. Step
47. Body of water
48. Ashen
49. Bit of #35-Across: "I'm just tryna make it back home by __ __..."
53. Evita's land, briefly
54. 2015
55. Grace
59. "Ten-four" sayer
61. Library of __ (Described as Canada's "most beautiful room")
64. The Guess Who bassist Jim
65. Slowly burned
66. Procedure/method (abbr.)
67. __ cheese
68. Endings for many Y-ending words when plural

Down
1. Botanist Mr. Gray's
2. Remove, to a proofreader
3. Mr. Sharif
4. __ a cold
5. Monogram of Burnaby-born Edmonton Oilers player who wears #93
6. Prefix with 'cycle'
7. What parting is in Romeo and Juliet: 3 wds.
8. Star Trek star George
9. Feminine 'one' in French
10. Comical sailor
11. Secretaries skilled at shorthand, shortly
12. 2013 Kanye West album
14. Floored: 2 wds.
15. For fear that
21. Affix
24. Anticipate
25. Actress Anna
26. Rice-shaped pasta
27. Panda symbol org.
28. Prefix to 'skeleton'
29. Sch. in Provo, Utah
33. Fracas
34. Nut type
36. Viking operation
37. Nostradamus, for one
38. Agatha Christie novel, _ __ M?
39. Scheduled
40. Pig's pen
44. __ one's lips (Really enjoys that meal)
45. Newfoundland town near St. John's
46. God's helpers
48. Garden guy
50. "Uh-huh." [pl.]
51. Ladies
52. Apple tablets
56. Yesterday, in Italy
57. Snick-or-__
58. Puny plane postings
60. Finished with work [abbr.]
62. Him, in Montreal
63. Elles opposites

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5		3		1	7			6
	1			8				
			3				2	
9		4	7			1		3
	5						6	
6		1			9	7		2
	3				2			
				5			9	
2			1	4		8		5

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Yesterday's Sudoku

9	8	6	3	7	4	2	5	1
5	3	7	1	2	8	4	9	6
1	2	4	5	9	6	3	8	7
8	5	9	6	4	3	7	1	2
3	6	1	2	8	7	5	4	9
4	7	2	9	5	1	8	6	3
7	4	3	8	1	9	6	2	5
2	1	8	7	6	5	9	3	4
6	9	5	4	3	2	1	7	8

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